


RUTHERFORD COUNTY SENIOR CENTER CALENDAR OF EVENTS – JULY 2015 (Hours: Mon. 7:30 – 5 pm & Tues.-Fri. 8:30 – 5 pm)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY DROP-IN EVENTS: Billiards, Board Games, Bocce Ball, Horseshoes, Table Tennis, Playing Cards, Walking Trail, Shuffleboard, Exercise Equipment, TV & Conversation, Puzzles ALSO AVAILABLE: Computer Lab, Library, Daily Local Newspaper, Magazines, Coupon Room, Medical Equipment, Paper Shredder, Notary Public, Wi-Fi, Scheduled Transit Stop. For questions about the Center or to make an appointment with a certified SHIP counselor call 287-6409.		8:30 Wednesday Walk 1 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 "USE IT OR LOSE IT" 12:30 Oil Art Group 12:30 Slow-moving Exercise WEAR RED, WHITE, & BLUE TODAY	8:30-11:15 "WATERMELON SCAVENGER HUNT" 2 9-11 Silver Threads & Needles 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance/J.Cole 1:00 WATERMELON SLICING WEAR RED, WHITE, & BLUE TODAY	CLOSED IN OBSERVANCE OF INDEPENDENCE DAY 3 
8:45 Aerobics 6 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 12:30 Slow-moving Exercise 6:45 ZUMBA* **note NEW time***	8:45 WALKING CLUB 7 9-11 Silver Threads & Needles 9:30 TRIP TO FARMER'S MARKET 10:00 Yoga 10:30 "HOW SOUTHERN ARE YOU?" 1:00 Table Tennis	8:30 Wednesday Walk 8 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:30 "CELEBRATE YOUR SUMMER THROUGH STORIES" BY: BOB COVERT 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 9 10:30 LAUGHTER & LEMONADE 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance/J.Cole 1:00 BOWLING WITH THE GRAND-KIDS AT AUTUMN LANES	8:45 Aerobics 10 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis
"CELEBRATING SUMMER WEEK" →				
8:45 Aerobics 13 9:00 SilverStriders 9-11 BLOOD PRESSURE CHECK 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:00 WALKING CLUB MEETING 12:30 Slow-moving Exercise 1:00 CELEBRATING THE SR CNT WITH A "SURPRISE" 6:45 ZUMBA* **note NEW time***	8:45 WALKING CLUB 14 9-11 Silver Threads & Needles 10:00 Yoga 10:30 "THE PRICE IS RIGHT" 1:00 Table Tennis 1:00 CELEBRATING THE SR CNT WITH A "SURPRISE"	8:30 Wednesday Walk 15 8:45 Aerobics 9-11 Silver Threads & Needles 9:30 TEA PARTY 10:00 Line Dancing 10:30 "FAMILY FEUD" 12:30 Oil Art Group 12:30 Slow-moving Exercise 1:00 CELEBRATING THE SR CNT WITH A "SURPRISE"	9-11 Silver Threads & Needles 16 10:30 "MINUTE TO WIN IT" 11:30 SPECIAL "PICNIC LUNCH" 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance/J.Cole 1:00 CELEBRATING THE SR CNT WITH A "SURPRISE"	8:45 Aerobics 17 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 12:30 Slow-moving Exercise 1:00 Table Tennis 2:00-4:00 OPEN HOUSE CELEBRATION WITH TOURS & REFRESHMENTS
"CELEBRATING THE SENIOR CENTER WEEK" and "CELEBRATING GAME SHOW WEEK" →				Saturday, July 18 WILLOWRIDGE COMMUNITY CRAFT & YARD SALE 7:30 a.m. – 1:00 p.m.
8:45 Aerobics 20 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 10:30 RECIPE CLUB 12:30 Slow-moving Exercise 1:00 "CHRISTMAS" BINGO 6:45 ZUMBA* **note NEW time***	8:45 WALKING CLUB 21 9-11 Silver Threads & Needles 9:30 TRIP TO FARMER'S MARKET 10:00 Yoga 10:30 "CHRISTMAS" CRAFT TIME 1:00 Table Tennis 1:00 ICE CREAM SHOP	8:30 Wednesday Walk 22 8:45 Aerobics 9-11 Silver Threads & Needles 9:45 BAKE "CHRISTMAS" COOKIES 10:00 Line Dancing 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 23 10:30 MAKE "CHRISTMAS" KABOBS 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance/J.Cole 1:00 BOWLING WITH THE GRAND-KIDS AT AUTUMN LANES	8:45 Aerobics 24 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 1:00 Table Tennis
"CELEBRATING CHRISTMAS IN JULY WEEK" →				
8:45 Aerobics 27 9:00 SilverStriders 9:00 - 2:30 Art Group 9-11 Silver Threads & Needles 11:15 CHAIR EXERCISE 12:30 Slow-moving Exercise 6:45 ZUMBA* **note NEW time***	8:45 WALKING CLUB 28 9-11 Silver Threads & Needles 10:00 Yoga 10:30 INTERGENERATIONAL ACTIVITY "TECH SUPPORT" 1:00 Table Tennis 1:00 BINGO	8:30 Wednesday Walk 29 8:45 Aerobics 9-11 Silver Threads & Needles 10:00 Line Dancing 10:45 TRIP TO STRAWBERRY HILL 12:30 Oil Art Group 12:30 Slow-moving Exercise	9-11 Silver Threads & Needles 30 10:30 "MEDICARE FRAUD & ABUSE" BY: DIANE TRAINER 12:00 – 4:00 Bridge 12:30 Just Dance 12:30 – 2:00 Computer Assistance/J.Cole	8:45 Aerobics 31 9:00 SilverStriders 9-11 Silver Threads & Needles 10:00 Fellowship & Singing 11:15 BIRTHDAY RECOGNITIONS 12:30 Slow-moving Exercise 1:00 Table Tennis 6:00 DANCE (RUSTY & CHIQUITA COLLINS BAND)